

**NATRONA COUNTY SCHOOL DISTRICT
SPORTS SAFETY AND RISK MANAGEMENT PROGRAM**

**CROSS COUNTRY
CHECKLIST OF PROCEDURES**

- A. Film – “Sports and Activities: Know the Risks” to be viewed by all coaches and athletes. All athletes must see film and sign sheet.

Sign _____ Date _____

- A. Emergency Action Plan is outlined, on file in the Athletic Director’s office and reviewed by all coaches. Emergency Action Plan should include the following information:
1. Separate plans should be developed for each facility.
 - a. Outline personnel and role.
 - b. Identify necessary equipment.
 2. Availability of phones and access to 911.
 3. Keys to gates/locks must be easily accessible.
 4. Individual should be assigned to accompany athletes to hospital.

Sign _____ Date _____
Sign _____ Date _____
Sign _____ Date _____

- C. Emergency procedure sheet – coaches must review. Coaches have read and understand procedures, including viewing the film “When the Cheering Stops”. Each coach has read and understands.

Sign _____ Date _____

- D. Review procedures on environmental hazards including: heat illness recognition and prevention, lightning, cold etc. Review charts on lightning and cold hazards as well as review use of lightning detectors.
- E. Explain procedures for dealing with injury and illness, including exposure to blood and/or other body fluids.
- F. Review policies on “Supportive Undergarments” and “Sport Participation with Jewelry.”
- G. Explain all drills and their purpose (conditioning, improving skills, safety).
- H. Always warm-up and stretch before a hard run, as well as warm-down and stretch after a run.
- I. Always report injuries to the coach, parents and the trainer.
- J. Always run with another teammate when out on a run.
- K. Always report in to the coach when you have returned from a run.
- L. Always run on the side of the road or the sidewalk, facing traffic. Constantly observe any approaching vehicles.
- M. Always observe traffic stop signs and lights. Never try to race a car when crossing a road. Give them the right of way.
- N. Do not enter private yards when on a run
- O. Always conduct yourselves as ladies and gentlemen when out running.
- P. Always run the instructed route where your coach may observe you.
- Q. All athletes have the right to leave an athletic site or activity, without fear of repercussion or penalty if they feel they are in danger.